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PHOTO BY MC1 CHRISTOPHER KRUCKE

Air Force Maj. Stephanie La Pierre, the patient simulating a potential exposure to Ebola, arrives at Walter Reed National Military Medical Center during the exercise Operation Mobility Solace Aug. 16.



PHOTO BY AIRMAN MEGAN MUNOZ

Members of the aeromedical evacuation crew help Air Force Maj. Stephanie La Pierre, the patient simulating a potential exposure to Ebola and individual mobilization augmentee to the Air Mobility Command surgeon general command surgeon's office medical readiness division, out of a Transportation Isolation System during exercise Operation Mobility Solace at Joint Base Andrews, Md., Aug. 16.

Exercise Tests Transport Readiness For Patient With Infectious Disease

By **BERNARD S. LITTLE AND MC1 CHRISTOPHER KRUCKE**
WRNMMC Public Affairs staff writers

To ensure the safe movement of a patient with symptoms of Ebola Virus or another highly infectious disease, Walter Reed National Military Medical Center (WRNMMC) staff members participated in the 2016 Operation Mobility Solace exercise with the U.S. Air Force Aug. 16.

The exercise allowed the medical center to "receive a patient at the flight line, safely transport the patient

to WRNMMC and up into its enhanced containment unit [for diagnosis and care]," explained Army Col. Michael Heimall, WRNMMC director.

"I think it went very, very well," said Heimall. "With any exercise, you want to train as you fight. This gave us the opportunity to get into the full personal protective equipment (PPE) that we would wear if we were caring for a person with an infectious disease, and practice the tasks exactly as we would practice them under real-world circumstances with a real patient."

"You can never rehearse too much,

[and] the most important thing is always safety," said Christopher Gillette, WRNMMC command emergency manager.

He added other objectives for the exercise included evaluating and enhancing notification, communication, tracking and transfer procedures and processes with other agencies.

"We want to make sure we have strong, solid plans," said Melissa Knapp, program manager for emergency management at WRNMMC. She explained although this exercise

was Ebola focused, the training was for any emerging infectious disease, and to be able to protect staff, the facility and provide the best care to the patient. "The exercise gave us a chance to practice that again, and it goes back to continual preparedness," Knapp added.

The exercise scenario had an Ebola Virus Disease patient flown from West Africa (simulated at Joint Base Charleston, S.C.), under the care

Commander's Column

In 1978, one of my favorite bands of all time, Earth Wind and Fire, released a song entitled “September” — a multi-generational #1 smash hit that still packs the dance floor even today.

The song’s captivating melody resonates in my mind as I ponder that September is almost upon us. The month of September ushers in the end of summer, the beginning of fall, cooler temperatures and children on their way back to school.

September delivers the Labor Day holiday and gives us one of our last chances to take a take trip to the beach or have a family barbecue before the temperature drops. However, there’s a more important reason behind Labor Day aside from a three day weekend.

According to the U.S. Department of Labor, Labor Day is a celebration of the creation of the labor movement and is dedicated to the social and economic achievements of American workers.

Labor Day was originally a street parade to exhibit to the public “the strength and esprit de corps of the trade and labor organizations” of the community, followed by a festival for the recreation and amusement of the workers and their families.

September also brings forth many days of observances that hit close to home for service members and most Americans.

For instance, Patriot Day, better known as “9/11”, is celebrated every September 11th to honor the memory of the 2,977 people killed in the attacks that occurred in this country on September 11, 2001.

Patriot Day was originally signed into law December 18, 2001, and on September 4, 2002, President George W. Bush used the authority of the resolution to proclaim September 11, 2002 as the first Patriot Day.

To honor the 2,977 people killed, the National Ensign is flown at half-staff on all U.S. government buildings and establishments around the world and a moment of silence is observed at 8:46 a.m., which is when the first plane struck the North Tower of the World Trade Center.

On September 16th, we celebrate National POW/MIA Recognition Day, a day to honor our nation’s 1,741 missing American service members and their families.

Our youngest military branch, the U.S. Air Force, came to be after President Harry Truman signed the National Security Act on September 18, 1947.

Gold Star Mother’s Day is recognized on September 25th. The Gold Star first made an appearance during



Capt. Marvin L. Jones
NSAB Commanding Officer

World War I after being placed over a service flag’s blue star when a service member was killed in combat. The Gold Star signified the family’s pride in their loved one’s sacrifice rather than the mourning of their personal loss. Many Gold Star families wear the Gold Star lapel pin to signify their pride. The lapel pin displays a Gold Star with a purple background surrounded by a gold wreath.

As we celebrate the end of summer, Labor Day, and the many other observances in September, please take time to reflect on all that we have accomplished this year and appreciate the fact that you are the key component for the various missions that are accomplished and support on this installation every day. Your personal contributions and dedication are vital to our military’s continued success. Please keep safe as we enter a new season and continue our efforts to sustain Naval Support Activity Bethesda as an environment for patients to heal, staff to thrive and guests to feel at home.

Bethesda Notebook

Birth Month Training
Birth Month Training is required for all Walter Reed National Military Medical Center staff members. September training is on Sept. 2 from 8 to 11 a.m. and noon to 3:30 p.m. in Clark Auditorium in Bldg. 10; Sept. 8 at 8 a.m. in Clark Auditorium; and Sept. 22 at 8 a.m. in Memorial Auditorium.

TeamSTEPP Training
A two-day train-the-trainer course for TeamSTEPPS is scheduled for Sept. 8-9 from 8 a.m. to 4:30 p.m. in the Heroes Zone, Bldg. 4, fourth floor, room 4027. TeamSTEPP is designed to improve patient outcomes by improving communication and teamwork skills. To register or for more information, contact Hospital Education and Training (HEAT) at classregistration@health.mil, or at 301-319-5209.

Fleet, Family Support Center
The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC’s workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Bldg. 11, first floor.

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Adaptive Combative Workshop Teaches Balance, Strength

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

An instructor at a recent adaptive combatives workshop aboard Naval Support Activity Bethesda (NSAB) told a story of how he was in pain recently and didn't want to keep training that day.

"Do you know what it's like to teach with just one arm?" Rob Kahn asked Richard Cicero, his co-instructor.

"Yeah, I do," Cicero responded, motioning to where his right arm used to be.

Kahn said that was the first time he put his foot in his mouth that badly since meeting Cicero four years ago. The two met after Cicero, a military contractor, was injured in a blast in 2010 where he lost his right arm and right leg and received major damage to his left leg.

"As part of my rehab, I got involved with Brazilian jiu jitsu to get stronger and more self-confident," he said.

Cicero, a former Army paratrooper, had never done jiu jitsu before, but he had taught defensive tactics as a police officer and had done other mixed martial arts.

"So when it came time to roll into this, it became a new way of learning to understand my body," he said.

"The great thing Rob said when he looked at me, he said, 'We're not going to worry about how we're going to do the techniques, we're going to figure out the



MC3 WILLIAM PHILLIPS

The Warrior Transition Brigade aboard Naval Support Activity Bethesda held an adaptive combatives workshop Aug. 17-18. The workshop was a way for service members to learn adaptive martial arts and self defense.

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Women's Equality Day: Celebrating the 19th Amendment's Impact on Rights, Equity

By **BERNARD S. LITTLE**
WRNMMC Public Affairs staff writer

The Walter Reed Bethesda community is set to celebrate Women's Equality Day on Aug. 26 with a program in the America Building (Bldg. 19), first floor, piano area.

Command Sgt. Maj. Michelle Jones of U.S. Army Element-North, North, Regional Health Command Atlantic (Provisional) at Walter Reed National Military Medical Center (WRNMMC), is slated to be the guest speaker at the celebration commemorating passage of the 19th Amendment, which granted U.S. women the right to vote.

"Women's Equality Day celebrates perhaps one of our most important amendments. I think that this celebration is a great reminder of how much we have matured as a people," said Hospital Corpsman 2nd Class Travis Silvey, executive assistant to the command senior enlisted leader at WRNMMC, and president of the Bethesda Multicultural Committee, host for the program.

"Celebrating Women's Equality

Day is critical to ensure that we are keeping this important issue in the spotlight, never to ignore or dismiss," Silvey continued. "Allowing our full population to participate in elections has strengthened us as a nation, and will continue to do so."

Command Sgt. Maj. Michelle Jones agreed, stating, "Women's Equality Day is a significant day in history as it marks a turning point for equal rights of women. Not only is it the anniversary of women's suffrage, but it also began a pathway for women to be considered equal to men in respect to employment and many other aspects."

"I believe the importance of observing this day in history is major because it reflects the difficulties women have faced in the past and continue to face

even today," Jones continued. "There is no argument on how far we have come in the process; however, I believe there is still some room to go. Women continue to accomplish goals and make a history of 'firsts' and I believe

it is imperative to not lose sight of the past and the struggles those before us went through to get to this point. So observing this day is a must to remind us all of what once was before and what is now."

Loretta Hobbs, Ph.D., senior organization development practitioner at WRNMMC, said, "Commemorating the right of women to vote reflects how our society continues to advance. We have a long way to go, yet it is vital to reflect on progress and how far women and men have come together."

"Every so often, we need reminders of the privileges that we do have, and what life was once like without them," said Hobbs, explaining the importance of special observances such as Women's Equality Day.

Regarding the right to vote, Hobbs said, "Every society has to have a way to govern, to set standards, to promulgate values and to determine acceptability, especially when its citizens have diverse and sometimes competing interests. How are the fundamental rights to life, liberty and the pursuit of happiness protected without authentic voices that wade through and take reasoned stands on very complicated and controversial ways that society presents? Without women's vote, more than 50 percent of voting age persons in our society would be silenced on matters critical to their well-being and self-interests, and things important to us all. The vote is not the only way to be heard, but it is a really important one."

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NSAB's NEX Hosts CPO Fashion Show

PHOTOS BY MC3 WILLIAM PHILLIPS

Naval Support Activity Bethesda's (NSAB) Navy Exchange held their annual Chief Petty Officer (CPO) Fashion Show Aug. 17. The fashion show was a way to display the proper wear of the chief uniform. To watch the entire CPO Fashion show please visit NSAB's Facebook page.







NSAB Hosts Back to School Fair

PHOTOS BY MC3 WILLIAM PHILLIPS


Parents and children attended Naval Support Activity Bethesda’s annual Back to School Fair Aug. 17 where they learned of resources on base and in the community to help their student succeed in the upcoming school year. Backpacks and school supplies were handed out during the fair and the families could meet with several organizations based on and off base that have youth programs.

This Week in History Aug. 25-31

- Aug. 25, 1981**
Mark David Chapman, John Lennon’s murderer, is sentenced to 20 years
- Aug. 26, 1920**
19th amendment passes — women’s suffrage granted
- Aug. 27, 2012**
Curiosity, the Mars rover, broadcasts its first audio recording of a human voice from the surface of another planet
- Aug. 28, 1665**
The oldest city in the U.S., St. Augustine Fl. was established
- Aug. 29, 1916**
Congress creates U.S. Naval reserve
- Aug. 30, 1990**
Ken Griffey and Ken Griffey, Jr. become 1st father and son to play on same team (Seattle Mariners), both single in 1st inning
- Aug. 31, 1987**
Michael Jackson’s “Bad” video premieres on CBS TV

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PHOTO BY MC3 WILLIAM PHILLIPS

Rick Cicero, a double amputee, demonstrates a technique that he and Rob Kahn teach during an adaptive combatives workshop Aug. 17-18. The workshop was a way for service members to learn adaptive martial arts and self defense.

COMBAT

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techniques you can do and then we're going to figure out how to get you into those positions later."

When Kahn first started working with Cicero, he said that Cicero wanted help standing up.

"He couldn't stand up without getting hold of something and walking up," Kahn said. "We just kind of studied it for a few minutes and I came up with a way for him to stand up. Once he nailed down the technique he was standing up on his own within 10 seconds."

Now, Cicero is teaching others and along with Kahn has developed a training program to teach adaptive combative workshops. They've been to other bases teaching their techniques, but the Aug. 17-18 workshop was the first time the two came to NSAB where they taught techniques such as how to balance, how to stand, how to move, how to maintain that balance, and how to fall.

"We work with people with varying degrees of injuries from amputations all up," said Kahn who teaches jiu jitsu in Tampa, Fla. "We focus more on what they can do, and not necessarily on what they can't do."

Kahn, a 20-year jiu jitsu veteran, has been successful at modifying the techniques to make them work for the various injuries people have like he did with Cicero. They are looking to take the adaptive combative program to as many service members as possible. At last week's workshop, the two worked individually with each person, showing them how to move one foot at an angle to provide better balance and not aggravate an injury, or how to move with their lead foot or how to get someone in a clinch.

"When I first started going to the combatives, I'd hear the young soldiers (saying) 'What's that old guy doing here, he's all busted up and old enough to be my dad,' and then

20 minutes later, they're going 'Aggh! Stop, what are you doing?'" Cicero said. "Now they learned a new level of respect because I'm not just the cripple that came to visit, I came to teach you something."

The purpose of the workshop is to provide wounded, injured and ill service members another outlet for recovery, and the rehabilitative program is open to anyone at any level.

"The thing to remember is that individuals who come here to Walter Reed [National Military Medical Center], they're Warriors, so you maintain that Warrior mentality," said Warrior Transition Unit Staff Sgt. George Freeman. "People join the military because they want to fight – not necessarily that's what they want to do all the time, but that idea of involving themselves in some type of camaraderie with other individuals, and showing their confidence and their willing, undying spritis to be capable and confident."

The adaptive combative program is designed to be a unique program to help individuals whether they are amputees, have a traumatic brain injury or are dealing with post-traumatic stress disorder, etc.

"We want to get the guys to living and doing things and feeling more self-confident, not just about their lives but how they live their lives," Cicero said.

He said a lot of service members are used to being the one that everyone depended on, but after their injury they turn into someone who feels they lost all their power.

"I lost all my mojo, I've lost everything that made me a strong man or woman," he said. "And we're here to tell them that that's still there. We're here to give you all the tools to still feel strong about that and when guys understand what is available to them they generally get empowered by themselves and not someone else. You can't put a price tag on that."

Those interested in learning more about the adaptive combative program can reach out to Cicero by calling him at 434-294-5833.

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August is Psoriasis Awareness Month

By JOSEPH NIEVES

WRNMMC Public Affairs staff writer

The National Institute of Health, National Library of Medicine has defined psoriasis as a skin disease that causes scaling and inflammation (pain, swelling, heat, and redness).

Most psoriasis causes patches of thick, red skin with silvery scales. They are often found on the elbows, knees, other parts of the legs, scalp, lower back, face, palms, and soles of the feet.

"When you have the physiologic symptoms of psoriasis or psoriatic arthritis, it is something you have to deal with lifelong," said Lt. Cdr. (Dr.) Joshua Kentosh, staff dermatologist, Walter Reed National Military Medical Center (WRNMMC) and assistant professor of Dermatology, Uniformed Services University of the Health Sciences. "We cannot cure you of psoriasis, but with some of the modern improvements in our medication we are able to manage this chronic disease and do it fairly effectively."

Anyone can get psoriasis; scientists believe that at least 10 percent of the U.S. population inherits one or more of the genes that could eventually lead to psoriasis.

"In the last 15 years we've identified about 25 different genes that are associated with it," said Kentosh. "But not everyone that has that genetic predisposition ends up having the physiologic characteristics of psoriasis."

While the skin disease can be difficult to diagnose, due to it resembling other skin diseases the treatments can help mitigate the signs and symptoms over time. Topical treatments applied directly to the skin in the form of creams and ointments assist with reducing inflammation and skin cell turnover.

With psoriasis, the body's white blood cells are activated by mistake. A process called cell turnover, in which skin cells that grow deep in your skin rise to the surface, typically takes months. With psoriasis, it happens in days; this leads to swelling and fast turnover.

"With cutaneous psoriasis patients, we start them off with topical medication. The vast

majority of patients we see respond well to topical medicines," said Kentosh. "The mainstay of therapy would be topical corticosteroid medications."

He adds that the medications suppress the cutaneous immune system at a local level; this helps to effectively treat the condition without exposing somebody to risks or minimizes their exposure to side effects caused by some medications.

"What's ingrained in us in medical school is to find the most effective treatment that causes the least amount of harm, whether it is psoriasis

or acne or skin cancer," Kentosh said. "Psoriasis also responds very well to light-based therapy."

The natural ultraviolet light from the sun and artificial ultraviolet light, used in special light boxes in WRNMMC and dermatology clinics across the country, help to reduce the symptoms of psoriasis. Patients often report lesser symptoms in the summer due to increased outdoor activity, which leads to more exposure to natural sunlight.

For more information visit the WRNMMC Dermatology website at: <http://www.wrnmmc.capmed.mil/Health%20Services/Medicine/Medicine/Dermatology/SitePages/Home.aspx>

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PHOTO BY BERNARD S. LITTLE

Transportation and medical staff practice donning and doffing of their personal protective equipment during the exercise Operation Mobility Solace at Walter Reed National Military Medical Center Aug. 16.



PHOTO BY MCI CHRISTOPHER KRUCKE

Air Force Maj. Stephanie La Pierre, the patient simulating a potential exposure to Ebola, receives care in the Medical Intensive Care Unit at Walter Reed National Military Medical Center during the exercise Operation Mobility Solace Aug. 16.

DISEASE

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of the Air Force's Critical Care Air Transport Team (CCATT) via a C-17 Globemaster transport aircraft. The patient was then flown via Air Mobility Command (AMC) aircraft to Joint Base Andrews (JBA), Md., and then transported to WRNMMC via ambulance.

In addition to WRNMMC, JBA, JBC and AMC, the U.S. Transportation Command and WRNMMC's contract ambulance service also participated in the exercise, Gillette and Knapp said.

The patient arrived at WRNMMC by ambulance in an isolation pod, and was safely moved to the medical intensive care unit prepared for the patient's arrival.

Air Force Maj. Stephen Williams, medical and air medical operations branch chief for the AMC, Surgeon General's Office, explained the isolation pod provided the most comfortable way to transport the patient without exposing staff and others to possible infection either in the air or on the ground.

Air Force Maj. Stephanie LaPierre, who simulated the Ebola Virus patient, agreed.

"I had the care I needed, the medics were professional, and I was attended

to at all times," said LaPierre, an individual mobilization augmentee assigned to the AMC Readiness Division.

LaPierre added the pod she was transported in also ensured she wasn't a risk to the safety of others.

The exercise also included the CCATT, ambulance and hospital staffs donning and doffing their PPE safely, disposing of it properly, and continuously following proper safety procedures throughout the exercise to avoid contamination, Gillette explained.

"Training and practice are always good," Gillette added. "The only way to be continually prepared is through multiple drills, practices and exercises, [as well as] having staff members' cooperation in understanding why this is important."

Heimall said he feels the exercise was well-coordinated throughout from the reports he received regarding WRNMMC working with the other agencies in the transfer and transport of the patient here, as well as the coordination locally with Naval Support Activity Bethesda, base police, and WRNMMC's emergency room, ICU and lab staff members.

"The reason why we do these [exercises] is to maintain our readiness; to make sure our staff is ready to go when the real-world scenario actually occurs," said Heimall.



PHOTO BY AIRMAN MEGAN MUNOZ

Air Mobility Airmen fly to Joint Base Andrews, Md. during the exercise Operation Mobility Solace Aug. 16.

Patient-Centered Care: The Focus of Murtha Cancer Center

By JAMIE PETROSKEY

WRNMMC Public Affairs staff writer

The Murtha Cancer Center (MCC) Infusion Room at Walter Reed National Military Medical Center (WRNMMC) uses a multidisciplinary approach to provide innovative patient-centered care.

WRNMMC is home to active duty service members, beneficiaries, caregivers, doctors and researchers who collaborate daily with the most prestigious institutions in the area to be at the forefront in the fight against cancer.

The nursing staff in the hematology and oncology clinics strive to create a serene space to not only receive treatment, but to gain a better understanding of diet, medications and how to live with cancer. The highly trained and certified nursing teams are joined by hospital corpsmen, case managers, researchers and administrative staff.

New patients entering the MCC receive a patient handbook and are given a tour of the treatment areas, hematology and oncology-specific pharmacy and exam room areas. The infusion room is home to 41 newly upgraded reclining chairs with massage and heat functions for added comfort on long infusion days. In addition to comfort, the chairs are equipped with many safety functions that aid in the day-to-day workings of the infusion room.

Supervisory Nurse Specialist in the Hematology-Oncology clinic Jean Ward noted that the new infusion room chairs “are safer and we can put them into Trendelenburg [position] if needed; we are able to slide off the arm if a patient is in a wheelchair they can slide over into the chair.”

Trendelenburg position is commonly known by critical care nurses and is when a medical care team changes a patient’s body position to “head lower than feet.” This is the first measure used in the treatment for low blood pressure. These new safety features allow patients to be quickly and efficiently lifted from the chairs in an emergency situation.

Easier access and comfort are the goals for the new space. Adding the massage and heat are also features that the infusion room patients are excited about, a young adult cancer patient Josh Minton noted that he uses the heat feature on the long infusion days and it eases his lower back pain. Turning a space that can cause severe anxiety into a space that is more like a retreat allows patients to receive treatment in a comforting and calming environment.

Many of the patients receiving treatment in the MCC infusion room have extended infusion times. For these patients, a meal service has been created through the Nutrition Services Department. Patients may select from an assortment of sandwiches, salads, baked goods, chips, and beverages. The American Red Cross team of volunteers at WRNMMC provides transportation for the carefully crafted bagged lunches so that infusion room patients may focus on treatment and remain in comfortable surroundings while their lunch is prepared and delivered to them.

The forward movement that is seen at WRNMMC is in direct correlation to the established Moonshot initiatives.

The White House’s Office of the Press Secretary noted, “The National Cancer Moonshot requires a whole-of-government approach, marshalling resources from across the Federal government to address this singular goal. Over time, other agencies will make new investments in this effort, beginning with the Departments of Defense (DOD) and Veterans Affairs (VA).”



PHOTO BY JAMIE PETROSKEY

Sandy Veit, a Hematology Oncology Nurse at Walter Reed National Military Medical Center, checks Josh Minton’s blood pressure prior to his treatment in the infusion room in the Murtha Cancer Center. The WRNMMC infusion room recently received new treatment chairs, which Minton is sitting in, that consist of a massage feature and heat.

Bi-weekly biobank transfers between National Institutes of Health and National Cancer Institute, the expansion of the research departments and

clinical trials, to the patient-centered care seen in the infusion room puts WRNMMC at the tip of the spear in the nation’s fight against cancer.

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EQUALITY

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Navy Master Chief Petty Officer Alma Robinson, senior enlisted advisor of the National Intrepid Center of Excellence (NICoE), stated, “Women’s equality should be every day and not just once a year. Women have contributed to so many successes, not only in the military but equally in the civilian sector.”

Robinson added that Women’s Equality Day recognizes women “as vital figures in society, to vote, speak freely and to run for positions traditionally held by men.”

Concerning the right to vote, Robinson said, “As Mr. Lyndon B. Johnson, our 36th President of the United States, stated, ‘The vote is the most powerful instrument ever devised by man for breaking down injustice and destroying the terrible walls which imprison men because they are different from other men.’ One vote can make a difference in our country to make change and live in a society where we can freely express ourselves.”

“On August 26, 1920, more than 26 million women had their citizenship affirmed and gained a mechanism to empower themselves, their families, and their communities,” according to Heidi Williamson, a senior policy analyst for the women’s health and rights program at a Washington-based advocacy organization.

Williamson added that with the passage of the 19th Amendment, women not only gained the right to vote, but also “experienced economic progress... allowing more women to enroll in higher education and enter professional occupations.”

She continued, “The 19th Amendment helped millions of women move closer to equality in all aspects of American life. Women advocated for job opportunities, fairer wages and education....After women were enfranchised, candidates catered to women in an effort to get elected, and women took advantage, advocating for laws that would allow them to have individual economic security, such as inheritance and divorce laws. Women voted and eventually ran for office to improve not only government but also their individual lives.

“In today’s economy women make up about half of the workforce and are increasingly the primary or co-breadwinner of a family—all thanks to women’s political participation and [other] policies,” Williamson continued.

“The 19th Amendment allowed women to help

elect progressive policymakers, who in turn enacted policies to benefit women,” Williamson stated. “Additionally, as women increasingly entered higher education and the workforce, salaries increased for women, and the wage gap narrowed.”


Despite the passage of the 19th Amendment in 1920 granting women the right to vote, all African American women in the United States were not fully guaranteed the right to vote until the passage of the Voting Rights Act of 1965. Williamson stated, “A historic number of African Americans voted in the 2012 elections, and African American women had the highest turnout rate—69 percent—of any group in the 2008 elections. And they did so despite voter-restriction legislation such as voter ID bills.”

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